

# EMPOWERING Students Across Canada:

## Tools for Students' Mental Wellness

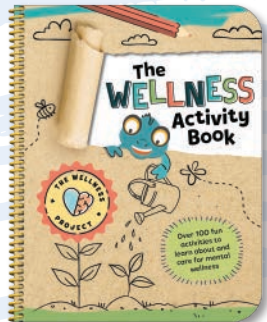


Two books. Two age groups. Discover flexible, student-led tools that support mental wellness.



It's estimated 1 in 5 Canadian students struggles with mental health.\* But with the right tools, they can thrive. That's why PiQ Potential has created trusted, Canadian-made resources to help empower students and support educators in their mission to prioritize mental wellness.

*The Wellness Activity Book* (Grades 1-5) and *The Wellness Project Self-Discovery Workbook* (Grades 6-12) are designed for independent, student-led learning. These impactful resources fit seamlessly into even the busiest school day, helping students build the confidence and skills they need to navigate life's challenges.



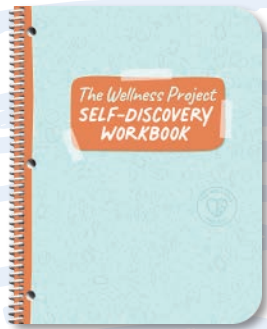
Available in both

### The Wellness Activity Book

ENGLISH & FRENCH

*Engaging Young Minds in Mental Wellness*  
Perfect for Grades 1-5

Introduce young students to essential mental wellness skills in a fun and engaging way. Guided by Cam the Calm-meleon, students will explore over 100 activities covering topics like feelings, resilience, and growth mindset—all designed to empower them with confidence and emotional awareness. Designed to require minimal adult support, the book fits naturally into early finisher, warm-up, or cool-down times.



### The Wellness Project Self-Discovery Workbook

*Helping Teens Build Confidence, Resilience, and Emotional Wellness*  
Ideal for Grades 6-12

Provide engaging, independent tools to help teens navigate life's challenges. Through introspective journaling prompts, fun quizzes, and habit trackers, students will explore topics like stress management, self-care, and relationships—all while building the confidence and skills they need to thrive. Flexible and self-paced, this book is ideal for classroom warm-ups, cool-downs, or independent activities.

\*Source: Canadian Institute for Health Information, 2023.

Scan the QR Code  
Explore samples of these powerful wellness tools.  
<https://shop.piqpotential.ca/collections/activity-books>



Contact us for details! 1.855.479.8757

 [PiQpotential.ca](https://shop.piqpotential.ca)

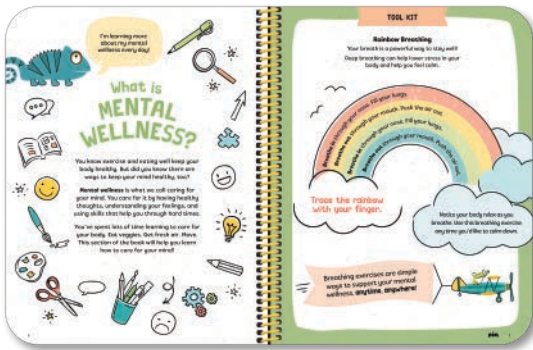
# The Wellness Activity Book

Available in both  
ENGLISH & FRENCH



Engaging Young Minds in Mental Wellness

Perfect for Grades 1-5 | 128 pages | 8"x10" size



## MENTAL WELLNESS TOPICS

- Mental Wellness
- Growth Mindset
- Gratitude
- Resilience
- Feelings
- Worry
- Friendships
- Physical Health
- Communication
- Asking for Help
- Technology
- Self-Confidence

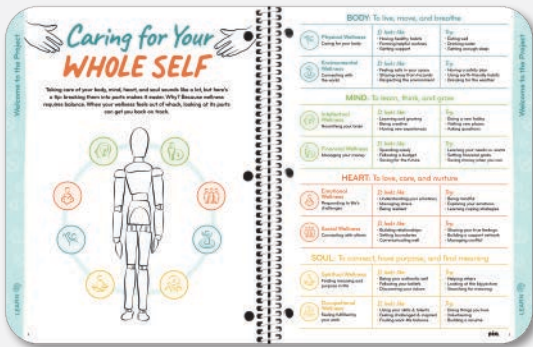
## KEY BENEFITS

- **Student-Led Format:** From crafts to resilience challenges, the activities require minimal teacher oversight, saving time while giving students independence and autonomy.
- **Student-Friendly Design:** Guided by Cam the Calm-meleon, this book uses bright, relatable visuals to make mental wellness fun and easy to understand.
- **Flexible Format:** With 128 undated pages, this book integrates easily into daily routines without requiring rigid schedules or extra planning.
- **Creative, Hands-On Exercises:** With over 100 fun and engaging activities, students will love creating stress balls, practicing mindfulness, and completing challenges that develop resilience and confidence.

# The Wellness Project Self-Discovery Workbook

Helping Teens Build Confidence, Resilience, and Emotional Wellness

Ideal for Grades 6-12 | 128 pages | 8"x10" size



## MENTAL WELLNESS TOPICS

- Mental Wellness
- Self-Care
- Stress
- Worry/Anxiety
- Growth Mindset
- Digital Wellness
- Feelings
- Self-Esteem
- Purpose
- Resilience
- Gratitude
- Hope
- Relationships
- Communication
- Asking for Help

## KEY BENEFITS

- **Self-Guided Format:** Designed for independent use, the workbook requires minimal teacher or counselor oversight, providing impactful tools without adding to workloads.
- **Relevant, Relatable Content:** Topics like stress management, emotional regulation, and finding purpose, connect with teens' everyday struggles, guiding them to transform challenges into growth opportunities.
- **Practical, Real-World Strategies:** Activities like guided journaling and mindfulness exercises teach students how to manage anxiety, recognize emotions, and approach challenges with calm confidence, helping them take actionable steps toward improved mental wellness.
- **Flexible and Cost-Effective:** The undated format and diverse activities make the workbook adaptable for classrooms, SEL programs, or counselling sessions.